

# Healthy Aging: BOOMERS and BEYOND

Attend this FREE symposium with information about  
Lifestyle Choices ♦ Fall Prevention & Physical Activity ♦ Wellness

**Saturday, November 15, 2008**

**9 a.m. – Noon**

Sierra Vista Regional Medical Center Auditorium  
1011 Murray Ave., San Luis Obispo

## Presentations:

### ♦ 'Active Living & Your Health'

Lewis Gamarra, M.D.  
Internal Medicine

### ♦ 'Exercise & Physical Activity: The Ball Game's Not Over Yet'

Sonja S. Glassmeyer, Ed.D.  
Professor Emerita – Kinesiology, Cal Poly

### ♦ 'Nutrition & Active Aging:

#### It's Not About the Food'

Nancy Sullivan, Registered Dietitian  
BestCare Central Coast Home Health

♦ No reservation needed ♦

♦ Refreshments ♦

♦ Space limited ♦

For more information, contact  
BestCare M-F 782-8600



**Sierra Vista**  
**Regional Medical Center**  
Tenet HealthSystem

**CAL POLY**



**BestCare**  
Central Coast Home Health Agency  
Service of Wilshire Foundation

**Area Agency on Aging**  
San Luis Obispo and Santa Barbara Counties